

Home composting

Home composting is an ecological and economical substitute to chemical fertilizers. It improves the quality of the soil and provides strong plants when incorporated in the garden or in flowerbeds. Nearly 40 % of Quebec household waste can be composted.

Furthermore, home composting helps reduce air pollution and the costs related to the transportation and management of these materials. Many models of compost bins are available (plastic or wood) and it is also possible to build one.

Tips for effective composting:

Alternate 1/3 green matter and 2/3 brown matter. Mix both together every two weeks using a pitchfork or a shovel. Aeration is essential for great compost.

Maintain a constant humidity level to ensure the decomposition of the organic matter. With a glove, take a ball of compost and compress it in your hand. If it crumbles off, it is because the heap is too dry; if water flows between your fingers, it is too wet!



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RECYCLING AND COMPOSTING

IT'S EASIER THAN YOU THINK!

Recycling

Twenty-five (25) tons of waste are produced every minute in the province of Quebec. This represents an average of 1.7 ton per person per year (Source: Recyc-Québec). Nearly 85 % of these residual materials could and should be reused or recycled. Nevertheless, millions of tons are still sent to landfills or to incinerators. Waste reduction at the source and reuse must be our main options before recycling.

Instead of throwing things away, give them a second life by donating items such as dishes, books, sports equipment and clothes to community organizations.

Reducing the amount of waste you produce starts during purchase by opting for recyclable products with minimal packaging and by avoiding disposable and polluting products. Many items can go in your recycling bin, but are you sure you are putting in the right ones?

Contact your municipality or your ecocentre for information about the responsible disposal of other products: pickup of large objects, hazardous household waste (HHW), tires, household appliances, construction materials, etc.



Recyclable materials

Paper

Newspapers, flyers (bags and strings removed), paper, envelopes, cardboard, milk cartons, juice boxes (remove straw)

Plastic

Plastic lids and containers with the following identification code numbers: 1,2,3,4,5,7. Caps, plastic bags (gather the bags in a single bag)

Metal

Tin cans, caps and lids, soda cans, aluminum foil and plates.

Glass

Bottles and food containers, regardless of color.



Products made from recycled materials

Paper

Corrugated cardboard boxes, household and sanitary paper, egg boxes, animal litter, shoe boxes, cereal boxes, soundproofing roofing materials, ceiling panels...

Plastic

Garbage bags and shopping bags, containers and lids for non-food use, garden furnitures, fleece jackets, toys, irrigation pipes...

Metal

Steel: engine parts, tools, tin cans, wires...
Aluminum: soda cans, wrapping paper, garden furnitures, construction materials, automobile parts (cylinder heads, rims, gearboxes)...

Glass

Bottles, containers, glasses, fiberglass insulation materials, concrete aggregates, asphalt, ceramic tiles, sandblasting sand...

Be careful! The following materials are not recyclable:

- Waxed or soiled paper and cardboard, metallized and laminated paper, tissues, wallpaper, carbon paper and photographs, diapers, paper towels;
- All containers and lids with the identification code number 6 (in the Laurentians), Pool liner, CD, Styrofoam, granola bars and chips packaging, lighters, straws, articles without a recycling symbol;
- Window glass, drinking glass, mirror glass, light bulbs, fluorescent tubes, dishes, Pyrex, ceramics, pottery;
- Car batteries, other batteries, paint, propane tanks.

1/3 green matter or moist ingredients (rich in nitrogen)

Leftovers of fruits and vegetables, eggshells, fresh grass.

2/3 brown matter or dry ingredients (rich in carbon)

Dried leaves, hay, sawdust, coffee grounds (including filters) and tea bags, table napkins, pasta, rice, bread, walnut husks.

Composting: Tips and tricks

- Speed up the process by occasionally adding a natural activator such as soil or compost;
- Add brown plant matter if the pile is too wet;
- Sprinkle some water if the pile is very dry;
- Avoid putting branches and trunks of more than 1 cm in diameter;
- Cut your kitchen leftovers into small pieces;
- Cover the heap of compost with newspapers to prevent the proliferation of flies.

Be careful! The following materials should not be used in domestic composting:

- Meat, fish and shellfish;
- Dairy products, bones, fats and oils;
- Diseased plants (seeds or rhizomes) or plants treated with pesticides;
- Rhubarb leaves;
- Contents of vacuum cleaner bags, dryer lint;
- Animal or human excrements;
- Wood ash, charcoal briquettes;
- Materials contaminated with pesticides or hazardous products (e.g.: treated wood).

All you need to do now is get yourself a bin to dispose of the organic waste from your kitchen. Happy composting!



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(Source : Recyc-Québec)